



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 4: Our crew is growing, almost up to our bigger summer numbers. So much work to be done, but the good news is, the plants are looking happy. They look healthy. They look nutritious. And they are starting to bless us with vegetables. We love food. We love growing it. So, just wanted to say thanks for making that happen! We love to hear from you and maybe get more recipes! I'm always interested in knowing what YOUR favorite ways/dishes are and how people like to cook our vegetables. My email is csainfo@driftlessorganics.com Looking forward to hearing from you! Happy Eating! ~Rachael

Did you know? Garlic Scapes

Did you know that the garlic scapes in your box this week are the flower buds of a "Hardneck" garlic plant? Yep, and if you leave them on the garlic plant to mature, they will eventually form small bulbils that can be planted to grow more garlic (but this process takes about 2-3 years to form large bulbs and it ISN'T how we grow garlic). We remove the scapes around this time of year to allow more of the plants' energy to be used to make bigger bulbs. Garlic scapes are more than just a by-product of growing garlic. They make a fabulous addition to a flower bouquet (in fact, the best way to store them is cut side down in a glass of water. Our favorite part: they are delicious to eat! Scapes taste just like garlic and they can be used in exactly the same way in any recipe that calls for garlic. You can use most of the scape (sometimes the very tips can be tough and bottoms can be woody) and they make for a great pesto. This pesto is delicious tossed with pasta. Or jazz up a basic vinaigrette dressing with a couple of spoonfuls.

Garlic Scape Pesto:

1 c. scapes, cut into 1" pieces (6-8 scapes)
¼ pound basil, coarsely chopped (leaves & stems)
½ c. raw pumpkin or sunflower seeds, toasted & cooled
⅓ c. Driftless Sunflower Oil (olive oil works as well)
½ tsp. salt
Combine in a food processor & pulse until smooth. Use within a week in the fridge or freeze.

What the heck do I do with Zucchini?

Zucchini is an extremely prolific plant. It amazes me every year HOW much a plant makes. I always plant 2 in my own garden, just in case something happens to one. But I'm

always left every year, wondering what to do with it! Thankfully it's mild flavor lends itself to many dishes - even dessert! Zucchini can be chopped, diced, grated or sliced. It cooks fairly quickly and is great for quick meals. One of my family's favorite meals is a "304 Special" (check out our website for the [full recipe](#)). It is a base of onions, garlic and zucchini, sauteed in oil. It's best to have green pepper - but this meal is so diverse when you add almost any seasonal veggies to it. We top the meal with feta cheese and it's always eaten up. We also really enjoy zucchini bread for breakfast with some good butter. Zucchini fritters are delicious and if you can get the zucchini patted down dry enough before frying, that salty crisp crust can make me forget about Potato Oles for another month or two. Here is another dessert recipe you'll love:

Chocolate Zucchini Cake

2 ½ c. Unbleached All Purpose Flour
½ c. buttermilk or plain yogurt
¾ c. Driftless Sunflower Oil
1 c. sugar
2 eggs
2 c. zucchini (green or yellow), grated
3 Tbsp. unsweetened cocoa
½ tsp. Baking Powder
1 tsp. Baking Soda
½ tsp. Cinnamon
½ tsp. Cardamom
1 c. bittersweet chocolate chips (optional)
1 tsp. Vanilla extract
Preheat oven to 350 F. Butter a 9x13 pan. Whisk together oil, sugar, eggs, buttermilk/yogurt and vanilla. Add grated zucchini. Mix dry ingredients with a sifter into a larger bowl. Pour wet ingredients into dry and mix thoroughly. Add chocolate chips, if desired. Pour into pan and bake for 30-35 min, or until a toothpick comes out clean. Eat plain, sprinkled with powdered sugar, or drizzled with chocolate glaze and add those fresh cut strawberries in your box!

| WHAT'S IN THE BOX |
|-------------------------------|
| Basil |
| Broccoli |
| Cabbage: Napa |
| Garlic Scapes |
| Kohlrabi: Green & Purple |
| Lettuce: Green or Red |
| Potatoes: Red |
| Radishes: Red Globe |
| Salad Mix |
| Zucchini: Green and/or Yellow |
| Salad Turnips |
| Scallions: Purple |
| Spinach |
| Strawberries |

| Crop | What's it look like? | Storage? | How do I use it? |
|---------------|---|--|--|
| Basil | 2 sprigs of a dark green aromatic leaf | Store in plastic bag in fridge for up to a week | Delicious for appetizers or as a garnish for most pasta dishes. |
| Broccoli | Looks like a miniature dark green tree. Should be about 1.5-2lbs | Store in a bag in the crisper, try to use it up within 2 weeks. | Roasted then topped with some butter at parmesan cheese while still warm. |
| Cabbage | Napa: small heads of cabbage with thick white stems and green leaves. | Keep in the fridge in a plastic bag for up to a week. | Napa cabbage makes a yummy stir fry or coleslaw. |
| Garlic Scapes | lime colored curly-q stalks with a little flower bud and pointy end. | Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge. | Finely chop up to the white flower-y part and use like you would garlic. |
| Kohlrabi | There will be 1 of these: 1 is light green and 1 is purple, both are weird looking bulbs in your box. | They can hang out in your fridge, in a plastic bag. The bulbs will last a surprisingly long time (2-3 weeks). | Check out this week's recipe: <i>Kohlrabi Salad with Cilantro & Lime</i> |
| Lettuce heads | 1 green or 1 red leaf lettuce heads | Store in a plastic bag in the fridge with a paper towel to preserve greens longer. | These greens are best for a good Salad - nuts, cheese, chopped up veggies, even a hard boiled egg! |
| Potatoes | 2 #s of red, round tubers | These potatoes were harvested last November and will want to sprout, so I would recommend keeping them in your fridge. | Potato Salad, Breakfast potatoes, hashbrowns, fries, etc. |
| Radishes | Look for the bunch of red, round radishes with green leaves in a bunch. | Store with the tops removed in a plastic bag with your scallions. | Great on salads or sandwiches. |
| Salad Mix | Mixed bag of salad greens. | Store in the plastic bag it comes in, place in the fridge for a week-10 days. *Adding a paper towel keeps it fresher* | So many uses: try tossing some into a veggie wrap this week. |
| Salad Turnips | Look for the bunch of white roots that look like radishes. | Store like you do your radishes. | Salad turnips are great in salads - just slice super thin and throw on top. |
| Scallions | Also called "green" onions - these are purplish on the outside and bunched. | Store in a plastic bag in the fridge and try to use up in the next 7-10 days. | A beautiful garnish or nice in salads/wraps |
| Spinach | A bag of dark green, wrinkly leaves. | Store in a plastic bag in the fridge with a paper towel to preserve greens longer. | Check out the smoothie recipe in " <i>Getting Kids to Eat: Spinach</i> " |
| Strawberries | Red heart-like shaped berries. | Eat these up fast, store in refrigerator for a day or two. | Top your ice cream with fresh strawberries and some hot fudge sauce. |
| Zucchini | Green or Yellow, shiny and oblong | Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees. | Grilled. Sautéed. Fry. Baked. Check out this week's article. |

Cabbage Ramen Noodle Salad

Salad:

2 (3 oz) pkgs of ramen noodles, *crushed* (discard the flavor packets)
 1 c. blanched slivered almonds
 2 Tbsp. Sesame seeds
 2 Tbsp. Driftless Organics Sunflower Oil
 1 bunch scallions/garlic scapes, *chopped*
 1 head of Cabbage (prefer: Napa), *thinly sliced* (about 10 c.)

Dressing:

½ c. sugar
 2 Tbsp. Driftless Sunflower Oil
 2 Tbsp. Toasted sesame oil

⅓ c. ACV (use REAL Apple Cider Vinegar with the mother)
 2 Tbsp. Soy Sauce

In a cast-iron or other heavy skillet, brown the ramen noodles, almonds and sesame seeds in the oil. The sesame seeds will start popping. When everything is toasted, mix the scallions/garlic scapes, remove from heat and let cool. Combine the cabbage with the noodle/nut mix in a large bowl. Whisk together all the dressing ingredients in a small bowl. Pour the dressing over salad and toss everything together immediately.
 Additions: 1 or more of: shredded carrots, red pepper, peas, sliced radishes, sliced salad turnips, shredded kohlrabi adds color and diversity of flavor

***Recipe amended from Fairshare's CSA Cookbook:
*Farm-Fresh and Fast****